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NEWS RELEASE

Recognize the signs of stroke

Firefighters remind the public to think 'F.A.S.T.' when experiencing stroke

El Paso, Texas – The El Paso Fire Department and the American Stroke Association would like to remind the public to use the letters in **F.A.S.T.** to spot stroke signs and know when to call 9-1-1.

The first common sign is **Face** drooping. Does one side of the face droop or feel numb? Ask the person experiencing these symptoms to smile. Check for an uneven or lopsided smile.

The second common sign is **Arm** weakness. Does one arm feel weak or numb? Ask the person experiencing these symptoms to raise both arms. Check to see if one arm drifts downward.

The third common sign is **Speech** difficulty. Is speech slurred? Is the person unable to speak or hard to understand? Ask the person experiencing these symptoms to repeat a simple sentence like “the sky is blue.” Check to see if the person is able to correctly repeat the words.

If someone shows any of these symptoms, even if they symptoms go away, call 9-1-1 and tell the Public Service Communicator you think the person is experiencing a stroke. This will help get the person to the hospital as quickly as possible. With strokes, **Time** is important. Don't delay in calling 9-1-1. Also, please note the time when the first symptoms appeared. First responders and hospital personnel will need this information.

Sometimes other symptoms appear separately or in combination with F.A.S.T. signs. These symptoms may include: sudden confusion or trouble understanding speech, sudden numbness or weakness of the face, arm or leg, especially on one side of the body, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or coordination, and sudden severe headache with no known cause. If someone shows any of these symptoms, call 9-1-1.

For a list of these and other safety tips, please visit www.epfire.org.

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